**Team building activities**

Leadership skills, Working together to achieve a goal, Supporting and trusting others in the group, Persistence

ZOMBIE GAME

SPAGHETTI AND MARSHMALLOWS

GROUP LOGO WITH FOUND OBJECTS

M AND M

SCRAP TOWER

Split the group into smaller teams (3-5 people). The team are given a newspaper and a roll of tape to build a freestanding tower to hold a weighted item off the ground. The team with the highest freestanding tower wins the challenge. Careful planning, identifying roles and responsibilities as well as creative thinking are essential for this exercise

BIRTHDAY LINE UP

line up in a straight line side-by-side. get in order of their birthdays (month and day, year isn't necessary). The challenge is you cannot talk at all. You'll find you will have to resort to sign language, nudges, someone must lead

You can also adapt this so they a couple of group members are blindfolded to make it more difficult. Variations to this game include: names, shoe sizes, height etc. This exercise is great for improving communication and leadership skills

HUMAN KNOT 10 MIN

Arrange group members in a circle.

Tell everyone to put their right hand up in the air, and then grab the hand of someone across the circle from them. Everyone then puts their left hand up in the air and grabs the hand of a different person. Check to make sure that everyone is holding the hands of two different people and that they are not holding hands with someone directly next to them. you must now untangle yourselves to make a circle without breaking the chain of hands. Get participants to take their time in order to limit injuries. Ask the group not to tug or pull on each other and spot participants as they pass over other participants.If group members break the chain, they must then start over again You can give teams a time limit on this activity to make it more challenging. You can also mute/ blindfold participants throughout the activity. Instead of making groups start over when the chain is broken you can create penalties like blinding or muting a group member.

**GROUP ENERGIZER**

Form group in circle holding hands

“Say what I say & do What I say”

“Say opposite of what I say but do what I say”

“Say what I say but do the opposite of what I say”

Commands, jump in, jump out, jump right, jump left